

PLATFORM TENNIS SENIOR NEWSLETTER



*Dedicated to the
50-and-over
enthusiast...*

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Meet Paddle Enthusiast Ed Dahill

I've been playing three days a week since the early 1960s because I love being outdoors in the winter and cross country skiing is a BORE! Besides, paddle courts are a lot easier to get to than the slopes.



*Ed Dahill, 92, plays at
the Hartford Golf Club*

We have a senior men's group and our formula for success has withstood the test of time—make sure we have at least four players and after that everyone is welcome to drop in. Odd numbers make no difference and all

levels are folded in, because we rotate every four games. When we have eight players or more, no one sits out very long.

We are very gentlemanly, as our first goal is to have fun with our friends. It is vitally important for our three-times-a-week group that we play before lunch, from 10:30 to noon, then all eat together at a long table reserved by the window of our grill room at Hartford Golf Club. We talk politics, religion,

Welcome to the First Edition of the APTA's Senior Newsletter

The Senior Players Committee's mission is to grow the game within the senior platform tennis community. Seniors will include men and women age 50 and over.

This will be achieved by creating an avenue of communication and building camaraderie among senior players. The intent is to address concerns and challenges and to herald successes unique to players in their 50s, 60s, 70s and beyond, who enjoy, support and grow our sport.

A Senior Players Committee will be formed with the goal of having senior players share information with committee members, who will then share through the committee chair to the APTA board.

Further, the APTA Senior Newsletter will provide a forum of interest to seniors to disseminate tournament schedules and results and generally create a meaningful buzz! Tell us your "tales" of what you and your friends are doing on the paddle courts so we can all learn from your experiences.

Both the committee members and newsletter editors will welcome your insight and energy.

Enthusiastically yours,

*Courtia Worth (914-466-0856)
APTA board member and senior liaison*

economics, history, hobbies, travels and let me tell you we mostly don't agree, but we show up to play paddle and go at it again week after week. Our average age is 75!

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Travel Ready

Honestly, this does not relate to your vacation plans! My paddle students hear “travel ready” at their first lesson and time and time again as they progress in their skills.



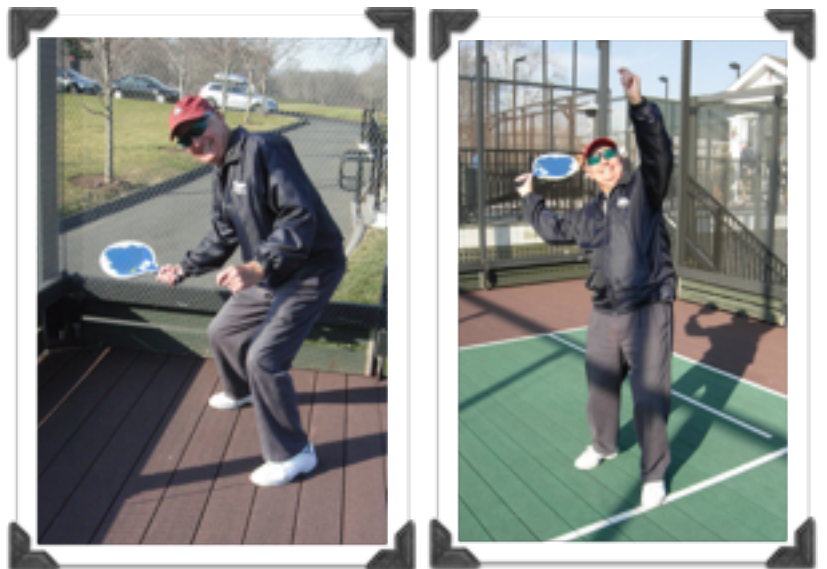
The most illustrative visual is seeing a player magnificently chase down drop shots with his racquet trailing (and flailing) behind. In spite of valiantly being where he should be, his racquet, woefully, is nowhere close! So, if you see a drop shot coming, plunge your racquet out in front of you as you get going. The paddle court, approximately 1/4 the size of a tennis court, is small enough that you will be pleased at how frequently you are well within swinging range of that dropped ball. “Travel ready” translates into traveling with your racquet extended out in front of your body.

A second time the phrase is relevant, is when you are scissoring (balanced, sideways side-stepping) back to defend against a deep lob. Moving with the racquet down around your knees is not a good plan as your timing will be challenged and your swing rushed. Traveling

with your racquet at the ready, cocked about shoulder height, sets you up to make adjustments and place overheads with confidence and accuracy.

Thirdly, and most importantly, when it comes to hitting soft balls off the screens, whether it is one screen or two, you must approach the shot with your racquet in a ready position with your body low. The racquet, with an open face, should be at thigh level—above bent knees and below the hip. This ready position allows for a quick reaction to the endless possibilities of trajectories the ball might follow. The main point being, when you swing from waist level, if you connect at all, your shot will most likely go long or be a juicy floater for your opponents to put away. Instead, if you drop your racquet quickly, and travel with the racquet in the ready position—with small quick steps towards or away from the ball—you increase your odds immensely to connect and lift the ball sending up a defensive lob high, deep and “in play,” putting the pressure back on your opponents!

*by Courtia Worth
PPTA Professional*



Roger Lawson, member of the Hartford Golf Club, demonstrates the specific “packed and ready to go” positions.

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Injury Prevention: Tennis Elbow

Sports injuries often sideline athletes. Improper or inadequate training methods and ill-fitting equipment all contribute to sports injuries. This article will focus on tennis elbow. Also known as lateral epicondylitis, it is an overuse injury of the forearm musculature presenting as elbow pain.

While we cannot control all elements that may lead to injury, we can control how we prepare our muscles for sport. A proper warm up begins with three to five minutes of aerobic exercise to increase your body's core temperature followed by active movement and stretches of the wrist and forearm. Once you have warmed up the muscles, take some practice swings with the paddle. Swing the paddle through 20 forehands, 20 backhands, and 20 serves to prepare the muscles for impact with the ball. Now you are ready to warm up your strokes on the court. [For examples of strengthening and stretching exercises, see http://www.nismat.org/ptcor/tennis_elbow.]

Even with proper conditioning and warm up, we can still succumb to injury. Paying attention to technical

components when selecting equipment can help. A paddle with a low density core will better absorb the energy of the ball at impact and is more arm friendly. Grip size is also a consideration: one size does not fit all. When your grip is too small, you are forced to tighten your hold on the paddle, increasing strain on your forearm muscles. An easy way to determine your grip size is to measure from your second palmar crease to the tip of your ring finger. If that number is 4¼ inches, then your grip size is 4¼. Have your grip built up to the correct size by your paddle professional. Now that your grip is properly sized, purchase overgrips for wet weather play, which will increase tackiness and reduce excessive gripping. At the pro shop, consider purchasing a lesson as well, to perfect your strokes and decrease pain.

Armed with the best paddle for battle, you will want to further fight the ill effects of vibration by purchasing an elbow counterforce brace. When applying the brace, relax the forearm muscles and secure the band on the forearm

approximately two finger-widths from the outer elbow.

Remember, proper preparation, technique, and equipment are the keys to injury prevention and longevity in sport. If you are addressing all of these elements and still find that your tennis elbow persists, you may want to seek out the assistance of a local physical therapist for more personalized treatment.

by Dr. Sarah Layton

Layton PT/ DPT is a sports and orthopedic physical therapist who practices at New Castle Physical Therapy & Personal Training in Millwood, NY.

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Senior Players Committee

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Senior Tournaments 2012

APTA WOMEN'S 50+/70+ NATIONALS

February 8-9, 2012

Scarsdale, NY

Ann Brown (70+), 914-723-0235, abbrown2131@aol.com

Susan Schwab (50+), 914-723-5789, schwabs5@msn.com

APTA WOMEN'S 40+/60+ NATIONALS

February 24-25, 2012

Chatham, NJ

Katie Bliss, 973-762-6876, aptabliss@gmail.com

APTA MEN'S 45+/55+/65+ NATIONALS

February 24-26, 2012

Chatham, NJ

Scott Estes, 973-635-2239, pa17@optonline.net

MIXED, HUSBAND/WIFE, HUSBAND/WIFE 50+ NATIONALS

March 2-4, 2012

Chicago, IL

John Noble, 847-226-5030, jyn1968@comcast.net

APTA MEN'S 145+ NATIONALS

March 22, 2012

Sleepy Hollow, NY

Rich Lombard, 212-420-8008, richhoff2009@yahoo.com

APTA MEN'S 50+/60+/70+ NATIONALS

March 23-25, 2012

Scarsdale, NY

Bob Brown, 914-723-2555, raabbrown@aol.com

Paul Doyle, 914-686-0552, pdoyle29@verizon.net

APTA MIXED 50+ NATIONALS

March 31, 2012

Nassau, NY

Tim Mangan, 516-759-3032, timmangan@nassaucc.com

APTA MIXED 60+ NATIONALS

April 1, 2012

Scarsdale, NY

John Stoffel, spsjfs@aol.com

Although not an official APTA event, there is talk about a 70+ mixed tournament on April 1 at Fox Meadow. If interested contact Frank Grande at fpadten@comcast.net.



What is the APTA?

The American Platform Tennis Association (APTA) is a non-profit organization that governs the sport for its 11,500 members, which includes individuals, municipalities, clubs and leagues. With an annual operating budget of \$375,000, the APTA sanctions more than 180 annual tournaments, including 24 National Championship events. The APTA's mission is to govern the sport, grow participation, and improve all aspects of the game. The organization coordinates the efforts of APTA volunteers, players, tournament directors, and Board members who have knowledge of how to play the game, where to purchase paddles and balls, where to play, how to run a tournament or start a league, and who teaches platform tennis in your area.



For more information, contact the American Platform Tennis Association (APTA), the primary resource for everything platform tennis in North America, at 1-888-744-9490.